

Women Warriors Newsletter

Women Veterans Program Providence VA Medical Center Rhode Island

Fall 2012

WOMEN VETERANS HEALTH CARE

Protect yourself
and your family.
Get your flu shot.
Let VA help.



★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | Women Veterans Health Care | 10000

FREE FLU VACCINES!

No Appointment Required

Seasonal Flu Clinics Sept 17 – Dec 21

Location and Times:

PVAMC in the main lobby Mon – Fri, 8:30 -12:30

Middletown CBOC every Wednesday, 8:30 -2:30

New Bedford CBOC anytime during clinic hours, no appointment required

Hyannis CBOC every Thursday, 2:00 pm – 3:00 pm, and appointments & walk-ins

If you get your flu shot for this season (Sept 2012 – May 2013) somewhere else, we want to update your VA medical record with that information. Please do one of the following:

1. Call 1-866-363-4486, extension 1499, and leave a message with your information **OR**
2. Send a secured message to your health care team through My HealtheVet with the month and year that you received your vaccination. **OR**
3. Complete the information below and return this sheet to any clerk



First Name: _____ Last Name: _____

Date of Birth: _____ Phone number: (____) _____
month/day/year

During the 2012/2013 Flu Season, I received my flu shot in the community on ____ / ____
(MONTH/YEAR)

Your Women's Health Care Team

Dr. Dawna Blake, Women's
Health Care Director

Pilar Capili, RN, Clinic Coordi-
nator

Beth Grady, LCSW, Women
Veterans Program Manager

Stacey DeOrsey, Social Worker

Catherine Peloquin, LPN

Laura Akinola, Patient Care
Assistant

Joan Bateman-Smith, Patient
Care Assistant

Yolanda Tangui, Patient Care
Assistant

Dr Jon Bas, Provider

Karen Chase, NP, Provider

Dr. Joan Karl, Provider

Dr Emily Leveen, Provider

Joyce Simon, NP, Provider

Dr. Vinita Goyal, Gynecologist

Dr. Natalie Mariano, Hyannis
CBOC, Provider

Cheryl Collins, NP, Hyannis

Dr. Terri Tamase, Middletown
CBOC, Provider



Flu Shot Facts 2012-2013

Who should get the Flu Shot?

- Everyone over 6 months of age

Who should especially get the Flu Shot?

- People with certain medical conditions like asthma, diabetes and lung disease
- Pregnant women
- People aged 50 years and older
- People who are in contact with or are caregivers of people with certain medical conditions like asthma, diabetes and lung disease

Who should not get a flu shot? Talk to your doctor if you:

- Have had a severe allergy to eggs
- Have had a serious reaction to a previous flu shot
- Have ever had Guillain-Barre Syndrome (a severe paralyzing illness)

Can you receive a flu shot if you have a cold?

- It is safe to get a flu shot if you have a cold but if you have a fever, talk to the doctor or nurse about getting the flu shot at a later date

Are there side effects from flu shots?

- Side effects can begin soon after the shot and last one or two days
- Soreness, redness or swelling where the shot was given
- Low grade fever
- Muscle aches (rare)

Are there risks from getting a flu shot?

- Risks are extremely small, almost everyone who gets the flu shot has no serious problems from it. As with all medicines, however, there is the chance of an allergic reaction.

Can the flu shot give me the flu?

- No. The flu viruses contained in the flu shot have been killed (inactivated) which means that they cannot cause infection

Why do some people who get the flu vaccine still get sick with flu-like symptoms?

- They may have been exposed to the influenza virus shortly before getting Vaccinated
- They may have been exposed to the influenza virus before the flu shot starts working (it takes about 2 weeks for full protection against flu)
- They may become ill with a different virus, like the rhinovirus that causes flu-like symptoms
- They may have been exposed to another influenza virus that is not included in this seasonal flu vaccine

Why doesn't the flu vaccine protect against every influenza virus?

- There are so many different kinds (strains) of influenza viruses that one vaccine cannot protect against them all, so after much research, the Centers for Disease Control (CDC) recommends a vaccine that attempts to protect against the most likely strains of the influenza virus that will strike in the United States this flu season

The 2012-2013 influenza vaccine is made from three viruses:

- A/California/7/2009(H1N1)pdm09-like virus
- A/Victoria/361/2011(H3N2)-like virus
- B/Wisconsin/1/2010-like virus **(Cont. page 4)**

Meet your Newest Women's Health PACT Team Members!

Joyce is a Nurse Practitioner at Providence in Primary Care and now a designated Women's Health Provider. She brings a wealth of experience with her, having worked in the Bronx which was "rewarding and educational", as well as having worked in GYN/Maternity and Pediatrics.

Joyce resides in Rhode Island with her daughter, her 5 dogs, and 1 cat. "I love working with the Veterans. They are a unique group who I really feel deserve the best care in the world. I try to provide that type of care."



We are very lucky to have Joyce on our team! **Welcome Joyce!**



Catherine Peloquin is an LPN and will be assisting our Gynecologist as well as other Women's Health providers. Outside of the VA, Catherine has many interests, including scrapbooking, wood crafts, freelance painting. She also enjoys going to the gym and is active in her community. **Welcome Catherine!**



Looking for Active Participants for nothing less than FUN!

Do you enjoy bowling? Voluntary Services is looking for women Veterans to start a bowling team. Would you like to attend **fall foliage** trip? Please contact Henry Rea at (401)-273-7100, ext., 2023 for details.

Numbers to Know; Numbers to Grow

Eligibility & Enrollments:
401-457-3300

OEF/OIF Program Manager:
401-273-7100, ext. 6137

**Veterans CRISIS Line (formerly
called the Mental Health hotline)**
1-800-273-TALK (8255)

**Telephone Assistant Program
(TAP) Line**
401-457-3336
1-866-590-2976

Homeless Resources
401-273-7100, ext. 3553

Hotline for Homeless Veterans
1-877-424-3838

**State of Rhode Island Department
of Human Services Division of
Veterans Affairs**
401-254-8460

**Veterans Benefits Administration,
Women Veterans Coordinator**
401-223-3651

**Human services and helping
agencies**
2-1-1

**My HealtheVet: Eileen
Kirshenbaum**
401-273-7100 ext. 3693

VET CENTERS:
Warwick: 401-739-0167
New Bedford: 508-999-6920
Hyannis: 508-778-0124

Department of Veterans Affairs

Providence VA Medical Center
830 Chalkstone Avenue
Providence, Rhode Island 02908
(401) 273-7100

Hyannis CBOC
VA Primary Care Center
233 Stevens Street
Hyannis, MA 02601-3766
Phone: (508) 771-3190

Middletown CBOC
One Corporate Place
(West Main Road at Northgate Road)
Middletown, RI 02842
Phone: (401) 847-6239

New Bedford CBOC
175 Elm Street
New Bedford, Mass 02740
Phone: (508) 994-5489



Cont. from page 1: Flu Shots: This year the Visiting Nurses Association of Care New England will be at the PVMAC seasonal flu clinic every **Tuesday** to provide vaccination services to **non-Veterans**. A charge of \$37 or a Medicare or other insurance card/voucher is required at time of service. Please be sure to bring your health insurance information.



Breast cancer is the #2 cause of cancer death in women but has a 99% survival rate if detected early. Screenings save lives, and the VA provides mammograms to all Veterans. The VA leads the nation in breast cancer screenings performed. When you see pink this month, remember to educate yourself—or someone you love—about breast cancer. Learn more: www.womenshealth.va.gov.

The 2nd annual **PINK OUT** day will be conducted on **October 16th** to support Breast Cancer Awareness. If you are a Veteran and would like to have your picture taken decked out in **PINK**, please contact Beth Grady at (401)-273-7100, ext., 6191 or send your picture to Bethann.Grady@va.gov. We may even use your picture in a slide show!!

The Providence VA Medical Center is committed to meeting the unique needs of women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our full time Women Veterans Program Manager is ready to assist you in getting timely access to the health care you need. Beth Grady, LCSW, Women Veteran Program Manager, (401) 273-7100, ext. 6191
http://www.providence.va.gov/Women_Veterans_Program.asp

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